



WORLDS END?

HOMETOWN SWEETHEARTS TESSA VIRTUE AND SCOTT MOIR SAY THE UPCOMING WORLD FIGURE SKATING CHAMPIONSHIPS AT BUDWEISER GARDENS COULD BE THEIR LAST

PAGE 14

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'WE MUST ACT'

President Barack Obama waves to a throng of about 800,000 people on Monday after an impassioned speech at the ceremonial swearing-in at the U.S. Capitol in Washington during the 57th presidential inauguration. "Decisions are upon us, and we cannot afford delay," Obama said. "We cannot mistake absolutism for principle, or substitute spectacle for politics, or treat name-calling as reasoned debate. We must act — we must act knowing that our work will be imperfect." More coverage, page 4. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

No flash moves

State of the City address.

Mayor's annual speech will be trimmed down, 'clean cut,' chamber says



ANGELA MULLINS

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Forget malfunctioning robots, holograms, poetry and theme songs.

This year's State of the City address will be a "straight-forward, clean-cut, sober opinion of where we're going with some enthusiasm built in," chamber of commerce head Gerry Macartney said.

Mayor Joe Fontana, poised to give the address on Tuesday, and chamber leaders agreed it was time to pull in the reins after last year's event, Macartney said.

In essence, Fontana's speech will bring the annual event, organized by the chamber, back to its roots, following the more traditional approach taken by past mayors over nearly three decades.

"We want to focus on the three main things: Where we were, where we are now and where we are going," Macartney said. The extras Fontana has added each year since 2011 "are all things that detract from the main message."

The only technology in play on Tuesday will be a teleprompter, something that could help keep the mayor on point and within the expected 25- to 30-minute window for his talk, Macartney said.



Mayor Joe Fontana CONTRIBUTED

Watch from home

- The address will be streamed live from the London Convention Centre at mayorfontana.ca/virtual-town-halls.
- The streaming starts at 8:15 a.m. on Tuesday. A video will be posted on the website shortly after the speech.

Fontana was on stage for about an hour in 2012, a year that saw public disapproval of his City of Opportunity theme song overshadow the message that good things are happening in London.

As for exactly what Fontana will say when he takes the limelight, Macartney's not even in that loop.

But with the city's top politician standing in front of just fewer than 1,200 people — the same number as last year — at least some exciting news is expected.

"I'd have (an announcement planned), wouldn't you?" Macartney said.



These areas are in the city's sights for major road projects this year. The work will start in March and continue through the fall. KATIE NAUS/FOR METRO

West London to be site of major roadwork

Six major road projects are expected to snarl traffic this year — three within a stone's throw of each other in west London.

The construction season officially starts in March when a developer building condos on Reservoir Hill plans to dig into Springbank Drive near Byron Baseline Road for a project that includes sewer work. Springbank will be closed around the construction zone with work expected to be done by April 30.

Crews will widen Oxford Street West between Hyde Park and Boler roads from early April to November. Traffic will be down to a single lane — travelling west on Oxford — during May and June.

Sarnia Road will be widened between Wonderland and Aldersbrook roads from July to October. Two lanes

At a glance

- **Delay.** A planned water-main project on Commissioners Road west of Boler Road has been delayed until 2014.
- **Traffic woes.** The road is expected to see extra traffic while Oxford Street is being widened.
- **Waiting game.** All road projects slated for this year are pending budget approval, expected to come next month.

of traffic will be moving through the Oxford Street construction zone when the Sarnia Road projects starts.

With the projects nestled close together, timing for expected start and end dates, along with the schedule for

lane closures, is critical to keeping people on the go, city engineer John Braam said.

Bus routes on Oxford and Springbank will be altered.

"I'm not going to tell you there's not going to be any congestion, there certainly will," Braam said. "(But,) planned the way that we have here, we're expecting to minimize the congestion and maximize the east-west corridors that we do have available."

The other major projects are:

- Rehabbing the Richmond Street bridge south of Windemere Road (May to October).
- Work at Stanley Street and Wortley Road (mid-March to May 1).
- Widening Southdale Road West from Wharncliffe to Wonderland roads (May to October). ANGELA MULLINS/METRO

Out with the strike law, in with a new leader

Liberals axe Bill 115.

Party repeals controversial legislation, but will it give new provincial leader a clean slate with teachers?

Ontario's governing Liberals are axing a controversial law that has outraged public school teachers, just a few days before the party is set to choose a new premier.

The change, which will take effect on Wednesday, comes only four months after the law was passed.

Bill 115 allowed the cash-strapped Liberals to impose contracts on about 126,000 teachers and education workers across the province earlier

this month, which froze the wages of most teachers and cut their benefits.

The legislation sparked a major protest by teachers' unions after it was passed in September, resulting in rotating one-day strikes by elementary teachers and the withdrawal of extracurricular activities by high school teachers.

It also alienated a powerful group that's helped the Liberals get re-elected over the last nine years. Making the law history before the Liberal leadership convention may help the party press the reset button with teachers and give the winner a clean slate as premier.

The Liberals promised to repeal the legislation after imposing the contracts on Jan. 3, but that didn't do much to assuage at least one union leader, who called it a "disgraceful misuse of government power."

The Elementary Teachers' Federation of Ontario was set to stage a one-day walkout in protest of the forced contracts, until the government took it to the Ontario Labour Relations Board, which deemed it an illegal strike.

"By moving to repeal the act, the government is promoting goodwill and stability in Ontario's schools by addressing a key concern of the Elementary Teachers' Federation of Ontario and the Ontario Secondary Schools Teachers' Federation," the government release said. **THE CANADIAN PRESS**

"The damage has already been done. I think it's all calculated, and therefore inactive. What's the difference, of just throwing the smoking gun away? This could lead to potential negotiations, but what's stopping the government from pulling out another gun?"

Phillip Mack, president of Thames Valley chapter of Elementary Teachers' Federation of Ontario, on the Liberal government repealing Bill 115.

Law as a weapon

Sculpture unveiling

Skaters to tower over pedestrians as wooden statue

A centrepiece attraction for the World Figure Skating Championships will be unveiled today.

A huge sculpture of a pair of figure skaters carved out of a piece of black walnut will stand at the southeast corner of Dundas and Wellington streets. Mayor Joe Fontana will officially unveil the sculpture at noon.

The skaters will tower 12 feet above the street and will be mounted on a slab of red oak, which sits on two tiers of limestone rock quarried from Manitoulin Island. **METRO**

Remember summer?

2012 was hottest year on record, climatologist says

Environment Canada says we're coming off the warmest year yet recorded in London.

"We have records in London that go back to the 1800s, and never have you had a calendar year warmer than last year," said senior climatologist David Phillips. "It was almost 2.5 degrees warmer than normal."

When you think back to the summer, it's easy to see how.

"Think about the number of days above 30 C, there were 26 of those suckers," said Phillips.

AM980/AM980.CA

Fanshawe College tackles Blue Monday head-on

Mental health. Music, meditation and puppies are some ways community tried to lift spirits



JOHN MATISZ
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Zack Dodge may be a year removed from experiencing it, but the student blues of January are still fresh in his mind.

"I was a struggling student," said Dodge, president of the Fanshawe Student Union. "I had moved away from home, so you deal with stresses, anxieties. You're financially strained, and connecting into a new social circle. It puts a whole new (weight on your shoulders) that maybe you're not used to."

"It's important that we start to dive into the topic."

That topic is mental illness, and for one day in January, internationally-known Blue Monday shines a bright

light on it.

This year, institutions like Fanshawe College are rallying to raise awareness.

On Monday, the college held a fair aimed at promoting the school's mental-health services. The event was promoted province-wide by the College Student Alliance, a student-driven advocacy group that includes Fanshawe's student union.

Information booths, rock music, meditation sessions, and even a chance to play with puppies were some of the services available to students free-of-charge.

"These are problems that exist all-year-round," said Lois Wey, senior manager of the counselling and accessibility services department at Fanshawe. "Everybody's got their own story. We know that one-in-five Canadians will experience a mental-health issue at some point in their life."

While depression and related illnesses are always present in post-secondary communities and elsewhere, January is a pressure-cooker.



Fanshawe College student Dayna Pearce, 30, of London, gives nine-week-old dog Cheyanne — who is a cross between a German shepherd and a husky — a hug during Fanshawe's Blue Monday mental-health initiative. JOHN MATISZ/METRO

It's a time when students are vulnerable, Wey says. Growing debt, starting a new semester, and unkind weather are common stressors.

Over a given school year,

Fanshawe staff counsel 25 per cent of the entire student body, according to Wey.

That may seem like a large number, but most are able to cope after a single visit.

"People may only need to come once or twice, make a shift, and move on in a very positive way," she said.

Dodge says the student union plans on making the

Lightening your load

Tips on how to combat the January blues, from Lois Wey, counsellor at Fanshawe:

- De-stress by taking a break from the serious stuff.
- Manage your time so you can relax more often.
- Use meditation and deep breathing to centre yourself.
- Surround yourself with happy, positive people.
- Eat healthy, sleep plenty, and get lots of exercise.

Blue Monday event an annual happening. He also has a simple message to students: "This is a topic we're comfortable with. And you should be too."

Voices.com in London gets more interactive



Voices.com co-owner Stephanie Ciccarelli, right, joins Ben Jackson, director of sales and marketing, to show off their new app for Android phones. JOHN MATISZ/METRO

Voices.com added another horse to its stable recently, as the world-renowned voice-over company unveiled an Android-friendly mobile app.

After eight months and more than 10,000 downloads of its iPhone app, BlackBerry, and Samsung users can now get in on the fun too.

"We've been focusing on Apple products first," said Stephanie Ciccarelli, co-owner of Voices.com. "We predominately use them in-house, plus most of the

people we serve are into their gear. That was the main reason; we started with what we knew."

On the free app, which is now available in the Google Play store, voiceover talents can interact with potential employers in a matter of seconds. They can also upload auditions, search for jobs, and promote their personal brand.

Essentially, both the talent and talent-seeker can do all of its business through the app.

Feedback on the iPhone version has been remarkably positive, says Ben Jackson, the London-based company's director of sales and marketing.

He says the app's accessibility and functionality have given clients the flexibility to record audio work from absolutely anywhere. For instance, one happy customer finished voicing a commercial while ordering a coffee in a drive-through, while another did the same on a beach.

In terms of Voices.com's full reach, it has about 75,000 users signed up who live across the globe.

Companies that have used the site to recruit talent include industry heavyweights like ESPN, NBC, and Microsoft.

Voices.com, which was founded in 2000 and incorporated in 2005, was given a business-of-the-year award by the London Chamber of Commerce in 2012.

JOHN MATISZ/METRO

Hockey Night in Canada

Belmont girls team on CBC

A London-area girls hockey team will be featured on CBC's Hockey Night in Canada broadcast this Saturday.

The B.A.D. Blazers, a bantam team based out of Belmont, is scheduled to appear on national TV on the HNHC pre-game show, which starts at 6:30 p.m.

The group will introduce the Toronto Maple Leafs-New York Rangers game.

Taping took place on Monday night. **METRO**

Showcase

Blizzard host sledge hockey

London will host a large sledge hockey competition this weekend, with the Blizzard invitational taking place.

Starting at 3 p.m. on Friday and running until Sunday evening, the ninth annual event welcomes 34 teams, which are split into two divisions.

Teams hail from communities across Ontario and beyond, including a handful from Newfoundland, Alberta, and Michigan. **METRO**

Londoners

Cops bust 3 for drug possession

A London police search has led to drug charges against three Londoners.

On Jan. 18, RCMP and London police raided a Waterloo Street home and found 37.1 grams of crack cocaine (worth \$3,710), 7.1 grams of cocaine (\$710), 1.3 grams of marijuana (\$13), and \$1,073.41 in cash.

Livingston Davis, 22, Shannon Picco, 40, and Hailley Kalenborn-Honsberger, 20, have been charged with three counts of possessing illegal substances. **METRO**

Windsor Hum

Meteor expert joins investigation

Ottawa launched a new study Monday to identify the cause of the so-called Windsor Hum, which will be conducted, in part, by Western University astronomer Peter Brown.

Teaming with University of Windsor's Colin Novak, Brown and the Western meteor physics group will investigate the recurring vibration and noise that has been disturbing people in the southwestern region for almost two years. **METRO**

The Price is Right

Come on down!

The Price Is Right Live! is coming to London. From Plinko to the Big Wheel, and even the Showcase, all the games are played just like the TV show. Todd Newton will host, and you must be at least 19 to play.

Tickets (\$26.75, \$41.25, \$56.75) go on sale Friday at 10 a.m. They'll be available by phone (1-866-455-2849), online (budweisergardens.com), and at Masonville Place, UWU BookStore, BooksPlus, and the Fanshawe College Biz Booth. **METRO**

Sexual assault

Ex-fire chief faces 26 new charges

Sarnia's former fire chief is facing 26 new charges in connection with an investigation into alleged sexual assaults.

Patrick Cayen was first charged in November on 28 counts of sexual assault relating to two alleged victims.

Police say the new charges are in relation to three additional alleged victims who have come forward as a result of the ongoing investigation. **THE CANADIAN PRESS**

Obama takes public oath

Second term. U.S. president's inauguration speech sets out bold agenda for next 4 years

A solemn U.S. President Barack Obama took the oath of office for the second time in as many days on Monday, this time before an estimated 800,000 jubilant citizens who cheered on his appeal for Americans to come together and fight for cherished principles of justice and equality.

Obama's glitzy public swearing-in at the majestic Capitol building, featuring pop star Beyoncé singing the national anthem, took place on the national holiday devoted to revered civil-rights leader Martin Luther King Jr.

He then delivered a spirited, substantive 19-minute address that touched on his administration's priorities. Obama didn't shy away from some of the most hot-button debates currently raging in the United States, including immigration reform, gun control, climate change and same-sex marriage.

"Our journey is not complete until our wives, our mothers, and daughters can earn a living equal to their efforts," he said. "Our journey is not complete until our gay brothers and sisters are treated like anyone else under the law — for if we are truly created equal, then surely the love we commit to one another must be equal as well."

Even as inauguration festivities played out across the U.S. capital all weekend, gun-rights activists held a Gun Appreciation Day as a form of protest against Obama's proposals to combat gun violence.

In addition to gun control, the next four years will also include a major push for immigration reform from the White House. The Obama administration wants a sweeping bill that would include a path toward citizenship for millions of illegal immigrants already living stateside. Obama will also face continuing pressure to bring the country's \$16-trillion US national debt to heel. There will also be a decision in the weeks to come on the fate of TransCanada's Keystone XL pipeline.

THE ASSOCIATED PRESS



U.S. President Barack Obama and first lady Michelle Obama dance as Jennifer Hudson sings at the Commander-in-Chief's Inaugural Ball Monday in Washington, D.C. Obama was sworn in earlier for his second term. JOE RAEDLE/GETTY IMAGES

The first lady

What to wear... what to wear...

First lady Michelle Obama headed out to Monday's inaugural festivities sporting a navy-silk, checkered-patterned coat and dress by Thom Browne that were inspired by a menswear necktie.

The outfit was specifically designed for Obama, but Browne said he wasn't 100 per cent sure she was going to wear it until she came out with it on at Inauguration. "I am proud and humbled," he said.



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Algeria. Two Canadians among hostage-takers? Ottawa wants proof

In the absence of reliable information, Ottawa is assuming that fake passports could be behind Algeria's claim that Canadians are among the al-Qaida-linked militants who took hostages at a remote desert energy plant, The Canadian Press has learned.

Senior federal sources say the government is frustrated by a lack of information coming out of Algeria.

And they are unhappy that Algeria's prime minister went on television Monday and announced that two Canadian nationals were among the band of al-Qaida-linked militants who stormed a natural gas complex and took hundreds of workers hostage.

"The concern is we want to see the documentation. We want to see what proves that

they're Canadian. And we want to corroborate that with back home," said one government official who was not authorized to speak publicly and requested anonymity.

"As far as we know, it's a fake passport. Until we actually see it, we won't be able to know."

Canadian officials are liaising with Algerian officials in Algiers and in Ottawa "to bring some closure to this stuff," but as of Monday night, they couldn't say when that would be.

Algerian Prime Minister Abdelmalek Sellal did not say Monday whether the Canadians were among the 29 militants killed by Algerian forces that stormed the site, or the three who were captured alive. Another 38 workers were killed.

THE CANADIAN PRESS

Capt. Wales. Prince Harry returns from deployment as pilot in Afghanistan

The U.K. Ministry of Defence revealed Monday that 28-year-old Prince Harry, a.k.a. Capt. Wales, is returning from a 20-week deployment in Afghanistan, where he served as an Apache helicopter pilot with the Army Air Corps.

In interviews conducted in Afghanistan, the third in line to the British throne described feeling boredom, frustration and satisfaction during a tour that saw him kill Taliban fighters on missions in support of ground troops.

He also spoke of his struggle to balance his job as an army officer with his royal role — and his relief at the chance to be "one of the guys."

Stationed at Camp Bastion, a sprawling British base in the southern Afghan desert, the prince — known as Capt. Wales in the military — flew scores of missions as a co-pilot gunner, sometimes firing rockets and missiles at Taliban fighters.

"Take a life to save a life. That's what we revolve around, I suppose," he said. "If there's people trying to do bad stuff to our guys, then we'll take them out of the game."



Prince Harry THE ASSOCIATED PRESS

Harry's second tour in Afghanistan went more smoothly than the first, in 2007-08, which was cut short after 10 weeks when a magazine and websites disclosed details of his whereabouts.

British media had agreed to a news blackout on security grounds.

This time, the media were allowed limited access to the prince in return for not reporting operational details.

A member of the air corps' 662 Squadron, the prince's duties ranged from supporting ground troops in firefights to accompanying British Chinook and U.S. Black Hawk helicopters as they evacuated wounded soldiers.

THE ASSOCIATED PRESS

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Jan. 30 launch

RIM shares surge again ahead of BB10 unveiling

Research In Motion's stock reached levels unseen since early last year in trading Monday before settling for a substantial gain of almost 11 per cent on the day. Shares in the BlackBerry maker hit \$18.49 at one point before closing up \$1.70 at \$17.41 on the Toronto Stock Exchange. The surge comes as RIM prepares to unveil its new BlackBerry 10 operating system and line of smartphones. **THE CANADIAN PRESS**

Market Minute

DOLLAR
100.68¢ (-0.15¢)

TSX
12,794.25 (+68.56)

OIL
Closed for U.S. holiday

GOLD
Closed

Natural gas: Closed
Dow Jones: Closed



Atari pushes reset button

In this 1984 photo, a woman demonstrates Atari's never-released Mindlink system, which let users control a video game by moving their forehead muscles. On Monday, Atari said that its U.S. operations have filed for Chapter 11 bankruptcy protection in an effort to separate from its French parent company, which is filing a similar motion separately in France. In a statement, Atari says the move is necessary to secure investments it needs to grow in mobile and downloadable video games. Atari, which turned 40 last year, was a video game pioneer with games like Pong and Centipede, but has changed ownership several times amid financial problems. **THE ASSOCIATED PRESS FILE**

Ottawa picked up expenses during CEOs' trip to China

Trade mission. Leaders who were part of PM's delegation in 2012 put meals, accommodation and more on public tab



Prime Minister Stephen Harper speaks to a business group in Beijing on Feb. 9, 2012. Top Canadian executives who accompanied Harper on the trip had some of their expenses covered by the government. **THE CANADIAN PRESS FILE**

By the numbers

\$1,200

The Foreign Affairs Department says local transportation, accommodation, meals and "miscellaneous expenses" incurred by an official delegation are covered by the government. For the 2012 non-governmental participants, that meant an average of \$1,200 a person.

two dozen members of the Chinese-Canadian cultural community.

Compare that with a 2009 trip to China — Harper's first — when he brought along eight people, including Laureen, his stylist and four Chinese-Canadian businesspeople.

Corporations and associations including Bombardier, Cenovus Energy, the Canadian Association of Petroleum Producers and Cameco confirmed that the government paid for portions of the expenses, with the amount varying from firm to firm. **THE CANADIAN PRESS**

The Conservative government covered expenses for some of the country's top executives as they accompanied the prime minister around China a year ago, a move business leaders and officials defend as a good investment.

The trip signalled a change of approach for Stephen Harper, who for years eschewed the idea of leading big trade offensives abroad.

The Public Accounts of Canada show that between 2006 and 2011, his wife Laureen Harper — and for many years his personal stylist Michelle Muntean — were the most common add-ons to the govern-

ment tab.

Then came the China trip last February. The delegation to three Chinese cities included 30 executives from major oil, agricultural and manufacturing companies as well as roughly

Cost of credit cards is hurting businesses, federal NDP says

The federal Opposition on Monday called on the Harper government to stop credit card companies from charging businesses higher fees for using premium cards.

The call came as a federal competition tribunal prepared to rule on whether Visa and MasterCard are engaging in anti-competitive behaviour.

Small business groups hope the tribunal will recommend that Ottawa forbid the major credit card companies from forcing retailers to accept cards that carry higher payment processing fees.

The high cost of processing credit card payments is hurting businesses, said Glenn Thi-beault, the NDP consumer protection critic. "Ultimately this results in reduced profit mar-



Small business groups say retailers who accept credit and debit cards should be able to refuse cards with higher processing fees. **THE CANADIAN PRESS FILE**

gins for merchants and higher retail costs for consumers," he said in a statement.

Processing fees

- Canadian companies already pay the highest credit card-processing fees in the industrialized world, although Canadians enjoy some of the lowest debit fees among G20 nations.

In 2010, the Harper government introduced a voluntary code aimed at protecting small business from abusive practices by credit card companies. The code is designed to protect small businesses, said Kathleen Perchaluk, Finance Minister Jim Flaherty's press secretary. **THE CANADIAN PRESS**

Government compliance

Red tape costs Canadian firms \$6K per employee

Canadian businesses spend an average of nearly \$6,000 per employee each year on regulatory compliance, or red tape — about 45 per cent more than their counterparts in the United States, according to a study released Monday.

The Canadian Federation of Independent Business, one of the country's largest private-sector lobby groups, says that red tape amounts to \$5,942 per employee in Canada, compared with \$4,084 in the United States.

The federation estimates that the total cost of regulation for Canadian businesses is \$31 billion a year, a figure that has hardly changed since the group began tracking the cost in 2005.

Tony Clement, the minister who heads the federal government's Treasury Board, says the Harper government began soliciting suggestions for reducing red tape in 2010 but adds it takes time to put changes into place.

"We sought out advice from those most affected by red tape on how we could alleviate the situation," Clement said during a policy announcement Monday. **THE CANADIAN PRESS**

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FRIENVY: WISHING OTHER'S FACEBOOK PHOTOS WERE YOUR OWN



SHE SAYS...
Jessica Napier
metronews.ca

everyone else out there making more money, having more sex, drinking better wine and basically being better at life than me?

Gasp!

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, and European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of.

Is everyone having more fun than me?

It's a nagging thought that keeps creeping into my consciousness and I can't seem to get rid of it. I mean, is

You'd think I would have grown out of this insecure jealousy when I left my angsty teenage years and emerged as a confident and happy adult. As if. Now I'm in my twenties and my attachment to social media (which occasionally borders on obsession) only exacerbates my problem.

In many ways, social networking sites like Facebook and Instagram feel a lot like high school. Except now I don't have to wonder what everyone else is doing; now I know I'm missing out because I'm spying on the cool kids at their cool-kid parties in real-time while I just lie

on the couch listening to a Harry Potter audio book.

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, and European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of. It seems that every single person I stalk (follow) online seems to be doing something designed to make me feel like my life is utterly boring.

But of course, that isn't the case. I too have posed obnoxiously next to champagne bottles and posted show-offy travel photos from Greek islands; I'm sure I've been responsible for igniting other people's jealousy from time to time.

The key to living with this is to give yourself a reality check every once in a while. I have to force myself to step away from the #humblebrags and the Rich Kids of Instagram and realize that these are just the highlights and no one is having the Best. Night. Ever every single night. We all stub our toes, clean the bathroom and go to the dentist occasionally; we just don't feel the need to immediately snap, hashtag and upload these particularly mundane moments.

Follow Jessica Napier on
Twitter @MetroSheSays



It's the Starlight Express



BRAD GOLDPAIN/SOLENT

Astrophotography

Photog captures star trails lakeside

It's a wild starry night up above, reflected in the stillness of the lake below. Photographer Brad Goldpaint shot this stunning image at Sparks Lake near the Cascade Range mountain range in Oregon.

These star trails are made by merging photos of stars recorded as the Earth rotates over time. The camera's shutter is open and the exposure times are long.

METRO WORLD NEWS

Q and A

Reconnect to the night sky



BRAD GOLDPAIN
Photographer

How did this picture come about?

I took the photograph at Sparks Lake in Oregon, about three kilometres from the nearest road. I arrived at sunset and stayed there the whole night. I captured hundreds of images, which I later stacked

together using Photoshop to create the final photograph.

Why did you pick this location to take your star trails?

First and foremost, a lot of experience — I have been a night sky photographer for three years — preparation and patience go into picking the right place. For example, the night sky here at the lake shows Polaris, or the North Star, which is key to forming the centre around which the star trails swirl.

What message do you hope people will see inside your photography?

I want to reconnect others with the night sky, especially since our city lights have cut off this connection. I have donated images of mine to the International Dark-Sky Association to raise awareness of light pollution. Also, having worked as an architect, I apply my trade to photography by showing visual representations of fixed patterns, in an attempt to find meaning and emotion.



Twitter

@nicestbassist:

My back room is colder than usual. The cats are sleeping on the vents and blocking the hot air.

@CanadianCheri:

Whoa! Just realized I'm at that age where I smile wistfully while reminiscing.

@JenOnTheBlock_7:

Morning all! Happy Monday... it's frigid here in #Ldnont today

@Snrba:

God promised men they could find good obedient women in every corner of the world. Then he made the world round. ha. Lol. #LdnOnt #funny

@Evolving:

Second #idlenomore info session in the next couple wks on campus. Will keep you posted on the details. #WesternU :-)

@itsWoodrow:

It is impossible to find Kingdom Hearts 3D in #LdnOnt :(



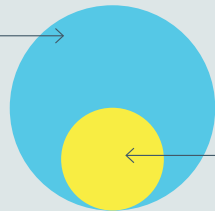
Think your friends are having more fun than you? They probably are. **Not.**
ISTOCK



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and take the quick poll

Would you wear moisturizing jeans?

80%
YES, SHAVES
30 SECONDS
OFF MY
MORNING
ROUTINE



20%
NO, THAT
SOUNDS ICKY

DVD review



End of Watch

Director: David Ayer

Stars: Jake Gyllenhaal, Michael Pena, Anna Kendrick

End of Watch begins as just another LAPD cop story, something writer/director David Ayer is all too familiar with, having written Training Day and directed Harsh Times and Street Kings. Officer Brian Taylor (Jake Gyllenhaal) is an ex-marine studying film at night school. He wants to make a video, in defiance of police rules, on what it's really like patrolling L.A.'s rock-hard South Central 'hood. To this end, he and his partner, Officer Mike Zavala (Michael Pena), are packing tiny cameras. Crime is rampant in L.A.'s toughest division and the good cops have to turn a blind eye to petty offences because there's too much really bad stuff going down to keep them occupied. "Try not to kill anybody before end of watch," a superior says as Taylor and Zavala are assigned to a patrol. The officers' dedication to their jobs and each other is put to the test when they run afoul of drug lords during a routine traffic stop, and a twisted sense of neighbourhood pride becomes a vow to exact revenge. It's refreshing to see the boys in blue be the good guys for a change. But life in and out of uniform is hard for them — and the female officers they work with. "You got a soul?" someone asks them.

"Yeah, we just leave it at home," comes the reply.

Extras include a feature commentary by writer/director Ayer, deleted scenes and making-of featurettes.

PETER HOWELL

Don't call me daughter

Sure, familial connections can kick open plenty of doors, but most next generation talents struggle to make the grade and live up to their star-powered lineage. Lately a passel of gals have made coming into their own while slipping the looming and lengthy shadows of their glitterati parents look easy. We salute this generation's Kate Hudsons and Liv Tylers

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Dakota Johnson

2006's Miss Golden Globe, an honour typically lavished upon celebrity spawn, toed into the movie biz's alluring waters before taking the plunge. The model/actress's film debut wasn't exactly a stretch. Johnson played one of her real life mom's daughters in Crazy in Alabama. Last year she hit her stride with turns in 21 Jump Street and The Five Year Engagement before garnering top billing on Fox's quirky comedy Ben and Kate. Johnson is Kate, a tenderhearted single mom with a pinch of nervous energy and a dash of sass who co-parents her daughter with her nutty older brother. Watch out Dakota Fanning, there's another blonde named after the same Native American tribe gunning for your Google ranking.

Pedigree: Don Johnson and Melanie Griffith are her parents and Antonio Banderas is her stepfather.



Zosia Mamet

After piling up a flurry of small roles in offbeat independent fare and snagging high profile yet fleeting part-time gigs on NBC's Parenthood and Showtime's United States of Tara, Mamet blew up faster than a Glengarry Glen Ross quote. Zosia's proper breakout came when she landed the part of Joyce on Mad Men, a photo editor for Life Magazine who gives Peggy Olson a window into NYC counterculture.

She then showed her character acting virtuosity, segueing from a worldly lesbian in the 1960s to Shoshanna, a bubbly short form happy chatterbox who is also the most innocent member of the Girls gang.

Pedigree: Pops David Mamet is an Oscar-nominated screenwriter and Pulitzer Prize winning playwright. Mom is Oscar-nominated actress Lindsay Crouse.



Mamie Gummer

While Emily Owens M.D. flatlined after just seven episodes, Gummer shined and proved she has the chops to helm a series. A thespian straight out of the cradle, Gummer has been receiving rave reviews since she was three. In 1986's Heartburn, an adaption of a Nora Ephron's autobiographical novel starring Gummer's marvellous mama, the New York Times gushed that Mamie (using the pseudonym Natalie Stern at the time to avoid a media feeding frenzy) was "an inordinately cute baby" who was "already accomplished enough to steal scenes, even from Miss Streep." Critical acclaim also looks to be in the cards for her latest movie, The Lifeguard, which has been nominated for the 2013 Sundance Film Festival's Grand Jury Prize.

Pedigree: Calls sculptor Don Gummer dad and Meryl Streep mom.



Alice Englert

This Kiwi new-comer earned a British independent film award nomination for last year's Ginger & Rosa, but forget about across-the-pond kudos, she's about to conjure up a mass media maelstrom. Englert stars as a teenage witch in Warner Bros' Beautiful Creatures, the film version of the first book of the supernatural romance series The Caster Chronicles.

Scores of malleable tweenage fan groups from twihards to tributes (Hunger Games devotees) will start obsessing over Englert in the run up to the Valentine's day release. Staying in the love story zone, Englert's future projects include Singularity, a time and continent-straddling epic with Josh Hartnett and Bollywood babe Bipasha Basu.

Pedigree: Her mother is Jane Campion, the first woman filmmaker to take home the Cannes Film Festival's top prize, The Palm d'Or.



2 SCENE

Gérard Depardieu caused a stir when he bought a property in Belgium, a mile over the French border, in response to a proposed 75 per cent tax levied on his country's top earners. Later France's high court ruled that Francois Hollande's "super-tax" campaign promise for the super rich is unconstitutional, but the French government pledged to redraft the proposal. Russia, where this is an attractive 13 per cent flat tax on personal income, then threw their fur cap in the Depardieu relocation sweepstakes. President Vladimir Putin granted the middle-aged actor citizenship and handed him a passport over supper in Sochi.

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These celebrity expats left for love, low taxes or sunshine

Sting

The former Police front man may have sung "Don't wanna be no millionaire, don't wanna own no mint, I don't wanna be no tax exile and I don't mind being skint," on Dead End Job, the b-side to Can't Stand Losing You. But when the billfolds started stacking high, he changed his tune, followed his accountant's advice and moved to Galway, Ireland, in 1980. Bandmate Andy Summers followed suit,



Sting

relocating to Kinsale. "It's a pain in the ass, but the alternative is 80 per cent

(tax) and anyone that did that would be stupid," the guitarist admitted to the Record Mirror newspaper. British fame drain was hardly a new phenomenon by the time Sting decided to stray. In the mid-'60s, when the Beatles' Taxman came out, the top income tax rate in England was around 90 per cent and in the mid-'70s, when Rod Stewart and Tom Jones relocated to L.A. and David Bowie high tailed to Switzerland, the top rate was 83 per cent.

Johnny Depp

Despite being born in Kentucky and raised in Florida, Depp has always had a European sensibility. He has a predilection for puffing on Parisian cheroot cigarettes and dressing like a bohemian bon vivant. Depp moved to France with his former long-term amour Vanessa Paradis in the 1990s to raise their offspring away from the glare of Hollywood paparazzi and overzealous autograph hounds. So he

scoured the Côte d'Azur for a sweet pad and plonked down a few million francs on a beautiful home in Plan-de-la-Tour near St. Tropez as well as a magnificent maison in Meudon, a suburb of Paris. This past summer after 14 years together the couple split and Depp also bid adieu to France. Perhaps he'll now spend more time soaking in the sun on Little Hall's Pond Cay, his private Bahamian island.



Johnny Depp

Shania Twain

Back when some of her best known songs like That Don't Impress Me Much and Man! I Feel Like a Woman! were still relatively daisy fresh singles, Twain and her then super producer hubby Mutt Lange moved to Switzerland, where their son Eja was born. They found sanctuary in Château de Sully, a massive and elegant 46-room castle on the shores of Lake Geneva. Eventually

they'd sell the 18th century estate and take up residence in a relatively more down home villa in Corseaux. Close-by Montreux was also a favourite stomping ground of Freddie Mercury until his untimely passing, and Phil Collins lives not too far away in Féchy. Twain married Frédéric Thiébaud, a Swiss Nestlé executive in 2011, a couple years after they discovered that their ex-spouses were having an affair together.



Shania Twain. ALL PHOTOS GETTY

Ian Fleming

The man who concocted James Bond, the globetrotting superspy with the standing "shaken, not stirred" martini order, built Goldeneye, his residence in sunny Oracabessa Bay on the north coast of Jamaica after serving his country in the Second World War. The balmy locale features prominently in a trio of Bond adventures, Dr. No, Live and Let Die and The Man with the Golden Gun. His exotic hideaway is now



Ian Fleming

a resort. Rent a lagoon fronting cottage to get a whiff of the lifestyle that

spawned all 14 007 novels or splurge on the Fleming Villa (\$5,500 to \$8,500 a night depending on the season), a swanky five bedroom with the author's original writing desk in the master suite. While more of a snowbird than an expat per se, once a major transportation hub bears your name, consider adopted son status bestowed, even posthumously. The area airport was renamed Ian Fleming International in 2011.

Good fortune for the 'Trouble Man'

Heavy is the Head.

T.I. on returning to the entertainment industry with a vengeance

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While his run-ins with the law have been the fodder for many a tabloid over the past few years, hip-hop star T.I. has stayed focused on diversifying his work.

The Atlanta rapper has produced his VH1 reality show Family Hustle, written two books — Power & Beauty along with its sequel Trouble & Triumph — and through his Grand Hustle label introduced the world to B.o.B. Now you can add the success of his latest album, Trouble Man: Heavy is the Head.

Quoted

"The response exceeded my expectations."

Rapper, producer and author T.I.
On how his comeback album hit No. 2 on the Billboard charts.

Is he worried that fans of his hard edged hip-hop will be turned off by how much he has broadened his horizons?

"It would be preposterous to come back after my hiatus and not acknowledge that there is a rebuilding process," he says. "I'm not the same guy, but I am cut from the same cloth. My morals, my standards are still the same. My actions and my locations might be a tad bit different but my mindset and my heart is still the same."

The Atlanta-born rapper returned to the charts last month when his eighth al-

bum hit No. 2 on Billboard, moving 179,000 units in the first week.

"The response exceeded my expectations. I'm ecstatic that the subject matter and body of work really connected with the audience," he says. "That's an unmatched feeling for an artist."

The next challenge for T.I. is bringing together the stars of his hometown for an all-star tour.

"As of right now I'm cultivating the relationships that will allow us to work together in that capacity," he says. "I'm making an attempt at putting together a domestic package that would allow us to go on tour: A package that will consist of myself, Trinidad James, I've spoken to Jeezy (and others). The new generation, the veterans and the OGs putting together a package that will really show the nation what this town has to offer."



'It'd be preposterous to come back after my hiatus and not acknowledge that there's a rebuilding process,' — T.I. GETTY IMAGE



Taylor Swift ALL PHOTOS GETTY IMAGES

Taylor second guessing the Swift search for love

Taylor Swift's patchy romantic history has helped her pen a number of hit songs, but it's also made the subject of more than a few punchlines, and the 23-year-old singer has had enough, according to Radar Online.

"At first Taylor just thought it was funny how much interest people had in her love life and she went along with it," a source close to the singer says. "But now she's the butt of jokes on Saturday Night Live, in the tabloids and on the late night shows. She laughed it off, but the jokes made about her at

the Golden Globes got under her skin."

But Swift may also be taking all the criticism and turning it into something positive, using this as a chance to turn her love life around.

"The jokes being made about her love life embarrass her, but it's finally hit home with Taylor," the source says. "She really wants to make an effort to slow down and not jump from boyfriend to boyfriend. In a weird way all the negative press has really opened her eyes and will be good for her."

She's loved, she's lost and she's singing it loud

Selena Gomez is using music to help work through her emotions following her split from Justin Bieber — just not her own music.

The actress and singer treated the crowd at a recent UNICEF charity concert in New York to tunes of heartbreak by Justin Timberlake and Taylor Swift. Before launching into Timberlake's Cry Me a River, Gomez told the crowd, "I've been through a lot the past few months. It's been weird and sad and cool. This song definitely speaks to me." She later played Swift's I Knew You Were Trouble, prefacing the tune with, "It's by my best



Selena Gomez

friend in the entire world and if anybody has felt anything painful to their heart, they know who this girl is."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Famous friends and a front stage Fiasco: Welcome back Barack!



THE WORD
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Yesterday was a big day for President Barack Obama as well as the celebrities in attendance for the 57th inauguration. Kelly Clarkson (who came with new fiancé Brandon Blackstock) performed My Country, 'Tis of Thee while Beyoncé Knowles (in an Emilio Pucci gown) cranked out the national anthem — and even got hugs from President Obama and First Lady Michelle Obama afterward. Looking on from the audience were Katy Perry and boyfriend John Mayer as well as Eva Longoria in a beautiful pink coral trench coat. And in an awesome

snafu, Boston Celtics great Bill Russell was misidentified as Morgan Freeman by ABC announcer George Stephanopoulos.

At the official inaugural balls, such bold-faced names as Alicia Keys, Usher, John Legend, the cast of Glee, Brad Paisley, Nick Cannon, Jamie Foxx, Jennifer Hudson, Marc Anthony and Chris Cornell are expected to appear.

One celeb who had a less-than-fun inauguration experience? Lupe Fiasco, who was asked to leave the stage at a pre-inauguration concert in Washington D.C.

"Lupe Fiasco performed at this private event, and as you may have read, he left the stage earlier than we had planned," concert organizers said in an email to reporters. "But Lupe Fiasco was not 'kicked off stage' for an 'anti-Obama rant.' We are staunch supporters of free speech, and free political speech. This was not about his opinions. Instead, after a bizarrely repetitive, jarring performance that left the crowd vocally dissatisfied, organizers decided to move on to the next act."



Leonardo DiCaprio

A hunk and a hero: DiCaprio to spend free time doing good

Leonardo DiCaprio has gone from filming Django Unchained to The Great Gatsby and straight into The Wolf of Wall Street, and the schedule has taken its toll on him.

"I'm a little bit drained," DiCaprio tells German newspaper Bild. "I am now going to take a long, long

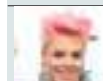
break. I've done three films in two years and I'm just worn out." So what will DiCaprio be doing if he's not acting for a bit? Certainly not going on vacation. "I would like to improve the world a bit," he says. "I will fly around the world doing good for the environment."

Twitter



@jtimmerlake

This is gonna be a GREAT Super Bowl! 49ers/ Ravens?? Can't wait! i'm booking my flight to New Orleans right now! Oh wait... I don't have tickets. Dammit! Anybody know anybody?? LOL!



@Pink

tonight im grateful that ill never be a crotchety old man sitting on his computer complaining about politics while doing nothing to change it



@SteveMartinToGo

Amazing Super Bowl day: the San Francisco Boulevardiers will be playing the Baltimore Adventuristas!



@jessicaalba

When your meal starts off with a doughy truffle pizza you know you're in #heaven



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Healthy eating

Five healthy habits to try this yearJULIA FURLAN
Metro World News

It's easy to take for granted the root of a New Year's resolution — to be resolute. According to Janet Helm, registered dietician and author of *Cooking Light: The Food Lover's Healthy Habits Cookbook*, getting healthy — and staying healthy all year — is about starting small.

"Your goal should be attainable. If you have success, that fuels greater success and then you can celebrate the little victories," Helm said.

1. Cook more often

Firing up the stove — say, three times a week — is the foundation of healthy eating. Eating out generally means you'll consume at least 50 per cent more calories.

2. Eat a healthy breakfast

"When you start your day on the right foot, it leads to better habits throughout the day," Helm says.

Eating breakfast helps curb temptations for the rest of the day.

3. Be a mindful eater

Helm suggests eating all kinds of foods and focusing on controlling portions instead of restrictions.

4. Eat more fish

Follow the lead of Japan and Iceland — where the average life expectancy is 81 years — and incorporate more fish into your diet.

5. Be a part-time veggie

Helm suggests going veg once a week for all three meals and encourages experimentation.

Reasons to consider veganism in 2013



Kris Carr made some major life changes to confront a serious disease. BILL MILES

Diet. Cancer survivor and *Crazy Sexy Kitchen* author Kris Carr says it's time to deal with disease and obesity on our plates — she also shares her favourite vegan recipes

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Kris Carr liked smoking and fast food.

Not cooking.

So what? She was like any other 20-something-year-old living in a big city — stressed, tired and hungry.

But the day she was diagnosed with an incurable stage four cancer at 26-years-old, she knew her eating habits were partly to blame.

"I had a lot of confusion and chaos when it came to food. I only ate hamburgers, peanut butter and jelly. I was obsessed with calories, yet I lived on carbs and trans fats," she says.

Now a bonafide vegan, she wants you to know that you can turn your life around simply by changing your diet.

Top 5

Healthy habits you can steal from Kris Carr

1 Load half of your plate with vegetables.

2 Remove dairy from your diet and assess the sugars you're consuming.

3 It's not just about food but your mindset. Low self-esteem can be the number one thing that keeps people from making a change.

4 Strictly counting calories is missing the point. We didn't come into this planet with a set of charts. Calories only matter if you eat foods that have been heavily modified.

5 Empty calories cause endless hunger. Eat a more nutrient-dense diet in order to feel more satiated and crave less food.

Take note

Kris's kitchen basics

Use these spices: garlic granules, salt, pepper, turmeric, cumin and chili.

Nutritional yeast. Use this instead of cheese.

Tamari. This is a good alternative to soy sauce.

Olive and flaxseed oil

Grains. Quinoa (called the bachelor's grain as it's easy to make and high in protein) brown rice, millet and lentils.

Cashew nuts. Great for a snack or to use in desserts.

Want the recipes? Check out Metro's Food page to get recipes from Kris Carr's book *Crazy Sexy Kitchen*.

**You have 60 seconds to make me go vegan. Go.**

"Animal products, processed foods, refined sugars ... all these things create inflammation in the body, depress the immune system and mess with your hormones. Dairy can be difficult to digest. It creates mucus and contains growth hormones — so does flesh — which also contains saturated fat, which can cause dietary cholesterol."

OK, I'm convinced. The problem is, it's much easier to fry a steak than to steam broccoli.

"People complain about not

having the time to cook. Well I have no time to get sick — it takes a lot of energy, time and focus. We can't wiggle our way out of eating well. Doing so will improve your life, so relegating it to something that's a drag is crazy."

Aren't you nervous meat and dairy lovers will want to throw your book in the trash?

"I'm not demanding people stop eating meat and dairy. Just that they eat less of it. I want people to become plant passionate — not vegan."

Google search reveals lots about who is sick

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When you Google "flu," you're part of a giant trend.

Sniffing, coughing and shaking with fever, you grimly go online searching for remedies and a sense of how long you'll be sick. When tens of thousands of people do that, it's a helpful predictor that flu has hit your area.

"By counting how often we see these search queries, we can estimate how much flu is circulating in different countries and regions around the world," says Aaron Brin-

Quote

"Do not touch the T-zone — your eyes, nose and mouth."

Dr. Will Sawyer
Speaking about how to prevent the flu.

dle, a spokesman from Google Canada, based in Toronto. Canadian searches for "flu" on Google spiked 240 per cent in the last 30 days, according to Google, and are on a slight wane now. The province with the most flu activity is Manitoba.

Only clinical data can truly predict epidemics, but Google data provides health officials with early warning that a wave of illness is occurring. Seasonal flu causes an estimated half a million deaths a year worldwide.

What can you do to prevent the flu when it's going around?

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an infection prevention expert in the U.S. and Canada. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."



Google searches for 'flu' spiked nearly 240 per cent in the last month in Canada. ISTOCK PHOTOS

A fish-free option for vegans who love tuna sandwiches



This recipe serves 4. SUBMITTED

This combination of pickles, celery, onions and black pepper will tickle the taste buds of traditional tuna lovers.

1. Blend the soaked almonds and sunflower seeds in a food processor until finely minced. Transfer into a bowl.

2. Add the celery, onion, pickles, herbs, lemon juice, agave, kelp, salt and pepper to nut/seed mixture and stir thoroughly. Set aside.

3. Spread some Dijon mustard on rye bread. Add butter lettuce and tomato.

4. Scoop a generous helping of "tuna" on each slice of bread. Finish with more black pepper, lettuce and tomato.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Ingredients

- 1 cup raw almonds soaked for a few hours in water
- 1 cup sunflower seeds soaked for a few hours in water
- 1/3 cup minced celery
- 1/4 cup minced red onion
- 1/3 cup pickles, diced
- 2 tbsp minced dill
- 1 tbsp minced oregano
- 3 tbsp lemon juice
- 1 tbsp agave
- 2 tbsp kelp granules
- 1/2 tsp sea salt
- Freshly ground black pepper, to taste
- Dijon mustard
- 4 pieces whole grain rye bread, toasted
- 6 butter lettuce leaves
- 1 vine-ripened tomato, sliced

I can't believe it's not tuna!

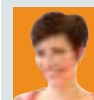
"These are recipes people are used to, only without animal products. You won't taste the difference."

Vegan cookbook author Kris Carr, on the recipes in Crazy Sexy Kitchen



Health Solutions

The healthy side of Mexican food



NUTRI-BITES
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myfriendinfood.com

The taco trend is huge and, contrary to popular belief, Mexican food in its authentic form is quite healthy. It isn't all corn chips and cheese sauce. The other traditional ingredients are top-shelf anti-aging, anti-cancer, anti-obesity deliciousness.

Here are some healthy Mexican items:

Avocado: High in fibre and good fats, plus lutein to protect eyes. It also contains folic acid for your heart and unborn baby.

Tomatoes: Good source of chromium to help balance blood sugar. The anti-oxidant



lycopene is more absorbable when cooked in salsa.

Corn tortillas: Choose blue corn for higher phytonutrients. It is also high in heart-healthy niacin.

Tomatillos: Contain an anti-bacterial phytochemical called withanolides and are loaded with trace minerals.

Peppers: Capsaicin is being studied as an anticancer nutrient. They are also full of vitamins A and C for eyes and skin.

Like any other culinary culture, it's all about the ratio. Keep the veggies high and the fried or fatty items — such as cheese and

cream — to a minimum and you will be well ahead of the curve. Olé!

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

One-pot meal. Chickpeas with Root Veggie Tagine

Ingredients

- 1 tsp cumin seeds (or 2/3 tsp ground cumin)
- 1 tsp coriander seeds (or 2/3 tsp ground coriander)
- 1/2 tsp red pepper flakes (adjust based on desired spiciness)
- 1/2 tsp turmeric powder
- 1/2 tsp cinnamon
- 1/2 tsp black pepper
- 1/2 tsp sea salt
- 3 tbsp olive oil
- 1 medium white onion, diced
- 4 cloves garlic, finely chopped or pressed
- 2 tbsp tomato paste
- 2 cups vegetable stock
- 1/2 cup carrots, peeled and diced
- 1 cup sweet potatoes, peeled and diced
- 1/2 cup turnip or russet potatoes, peeled and diced
- 1/2 cup pitted and chopped green olives
- 2 cups chickpeas, cooked



shallow pot or deep skillet (cast iron works best) on medium heat, add oil, onions, and garlic. Cook until onions are translucent and golden, stirring continuously for about 3 to 4 minutes.

3. Reduce heat to medium-low, add the spices, tomato paste, vegetable stock, carrots, sweet potatoes and turnip. Cover and simmer for about 25 minutes, or until the carrots and potatoes are tender. Add olives and chickpeas five minutes before turning off the heat.

KRIS CARR/FROM CRAZY SEXY KITCHEN

1. Toast cumin seeds and coriander seeds in a dry sauté pan until aromatic (you can toast ground spices as well, but be sure not to burn them). If using seeds, once toasted, transfer into a small spice grinder (or coffee grinder) and add the red pepper flakes, turmeric, cinnamon, black pepper and sea salt. Grind till slightly coarse.

2. In a large heavy-bottom

Wake up to hearty, not heavy, Cornmeal Banana Pancakes

Ingredients

- 1/2 cup ground yellow cornmeal
- 1/4 cup whole spelt flour
- 1/4 cup light spelt flour
- 2 1/4 tsp aluminum-free baking powder
- 1/2 tsp ground cinnamon
- 1/8 tsp fine sea salt
- 2/3 to 3/4 cup almond milk
- 2 tbsp maple syrup
- 1 tbsp extra-virgin olive oil plus more for the griddle
- 2 tsp pure vanilla extract
- 1/2 tsp apple cider vinegar
- 1/2 cup diced banana; reserve the balance for serving
- 1/4 cup toasted walnuts, chopped, plus more for serving
- 2 to 3 tbsp maple syrup
- Apple cider, to taste



This recipe serves 3. SUBMITTED

When made with white flour, white sugar and eggs, pancakes can be heavy and flavourless. This whole-grain, egg-free, hearty but not heavy version will have you hooked at first bite.

1. Begin heating a heavy griddle or well-seasoned cast-iron pan on low heat.

2. Place a wire mesh strainer over a medium bowl. Add the cornmeal, both of the spelt flours (or pastry flour, if

using), baking powder, cinnamon and salt to the strainer. Stir with a wire whisk to sift the ingredients into the bowl. Add any cornmeal left in the strainer into the bowl. Whisk to aerate the mixture.

3. In a separate medium bowl, whisk the almond milk, maple syrup, oil, vanilla and apple cider vinegar until thoroughly combined. Pour into the dry mixture and stir with a silicone spatula, only until the batter is smooth. The batter may

increase and thicken at this point. Wait half a minute and stir with a fork. Add a scant 1/2 cup of the diced banana and nuts. Adjust the consistency if needed so it falls off a spoon in heavy puddles.

4. Oil the griddle. Increase the heat to medium. When a few drops of water dance on the griddle, begin making the pancakes. Plate and top with bananas, nuts, maple syrup and apple cider.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Breakfast. Morning Glorious Juice

Ingredients

- 1 large cucumber
- A fistful of kale
- A fistful of romaine
- 2 or 3 stalks celery
- 1 big broccoli stem
- 1 green apple, quartered
- 1/2 peeled lemon, quartered

Cucumber is a perfect base for juice blends since it yields lots of mild, refreshing juice and minerals, and it's also a foundation of alkalinity.

1. Wash/prepare all ingredients.

2. Juice all ingredients.

KRIS CARR/FROM CRAZY SEXY KITCHEN



Why do men cheat? Filmmaker tells us what makes a philanderer tick

Q&A. Marc de Guerre's provocative documentary explores the science behind a taken man who strays

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Filmmaker Marc de Guerre looks at the biology and psychology of male messin' around in a documentary with insights from divorce attorneys, doctors and psychologists, bloggers and academics. Infamous cheaters like Dominique Strauss-Kahn, David Petraeus, Bill Clinton and Genghis Khan as well as society's regular Joes are put under his microscope. We spoke with de Guerre from Rome.

You find that cheating in men is hardwired, grounded in science. Is that just an "out"?

No, not morally. Whether or not it's moral, there are millions of levels of dishonesty, a million ways to break someone's heart. Our biological makeup is never an excuse. The worst outcome would be for men to feel, "Well I'm hardwired to do this." The thing that ruins that kind of thinking for men who might be tempted to throw it out there is that most men, unless they are sociopaths or psychopaths, have a conscience. Men can feel an enormous amount of guilt, that's what stops many.

Men and women are differently wired for sex. So why



Is it inevitable that some men cheat? Not necessarily. Most men do actually have a powerful conscience. ISTOCK

does 90 per cent of the population believe monogamy is the deal?

It's dishonest. And I'm amazed that that statistic keeps going up. More and more young people really believe that monogamy is best and all that. And in lots of ways it is, because in a way it's simplest and what kind of life does someone want to live? Men periodically need jolts to their psyche and testosterone, and anyone in a long-term relationship can understand that. But how much chaos does someone want to introduce to their life? It is the ultimate deal breaker and there is nothing else that remotely competes with that as a deal breaker. People will throw away a

30-year relationship because of it.

Really? Thirty years of companionship and sharing a life and travelling and shared friendship and throw all of that away?

But I think some people threaten to leave and then they have to back it up. That's enlightened in a weird way. All those other things are more important than the quality of the sex life. What do you expect after 20 years or even five years? Monogamy gets richer and richer in other things. The relationship grows in value of basic respect for each other. To me, the deal breaker is unhealthy treatment of one another.

What happens to men who are repressed in long-term relationships?

You see it in a lot of marriages. Men get stuck and can't find any way of expressing themselves. There are a lot of men who are so bottled up it's not funny. And pornography is one of the things that have come on-board in the last 15 years because of the Internet. Gay men say the whole point of being gay is to be honest about your sexuality and straight men are never asked who they are. They hide behind these archetypal forms of behaviour, like playing golf. If they rediscovered their sexual side, golf greens would disappear. They'd become big empty fields.

Dating for dad, or mom. Help your folks find the right romantic match



Teaming up: Mom and daughter can peruse together. HANDOUT

MyLovelyParent. New website encourages adult kids to fix their elderly parents up with a suitable person

MEREDITH
ENGEL

Metro World News in New York

When Matt Connolly's mom was looking for her "knight in shining armour," he decided to help — in a big way.

In October, Connolly created myLovelyParent, a dating website for older men and women where children recommend the potential suitors to their parents. Sons and daughters can scroll through the website's members and send a note to their parent with details about the users who caught their eye. Then it's up to the parent to make the initial connection.

"I imagined a place where (my mom) could go online, where she could meet other like-minded people, it would be really safe, it would be really easy to use and so on," Connolly says of his site, which is currently free but come spring will be subscrip-

tion-based.

"I really liked this whole thing about, 'Maybe I could start my mum's profile,' and if she wants to go on the journey then she could, and if she didn't that's cool. Then (I thought), are there going to be other people who want to use this as well? Before you know it, I'm discovering these amazing stories where people have pretended to be their mum or dad online just to check them out. So what I found was there's a whole stack of those kids, adult children, who wanted their mum or dad to find a new partner but found it really difficult — there was no natural home for where we could do that. And so that's where myLovelyParent was born."

Gentlemen, start your engines

Connolly says the current ratio of users is about one dad for every four moms, and he's looking to change that. MyLovelyParent's Older Gent Academy is giving the first 1,000 dads who sign up unlimited free membership, and four dads will be chosen to get a new suit and a session with a dating coach.

Visit mylovelyparent.com/academy for details.

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RRSPs — should you borrow or not?

Alison on Money.
Borrowing is easy. The tricky part is paying it back in a timely fashion



YOUR MONEY
Alison Griffiths
money@metronews.ca

Perhaps your RRSP contribution room is the size of a small nation's GDP. Do you borrow to catch up?

This is one of the most common questions at this time of year.

It may seem like a no-brainer. Use cheap money to contribute to an RRSP, reduce taxes and give retirement savings a boost.

However, borrowing is easy. The tricky part is paying it back in a timely fashion and investing in something that produces a solid return over time.

Often people are encouraged to borrow for RRSP contributions by mutual fund salespeople. The results are mixed at best. The high fees of many mutual funds eat into returns.



Looking to build your RRSP nest egg? ISTOCK IMAGES

If you are disciplined enough to pay back an RRSP loan in a year and use the tax refund for next year's contribution, the strategy can work.

But there's a better way.

First I ran some numbers assuming an annual \$5,000 loan at five per cent and a six per cent return over time with

the tax refund also contributed each year. I used someone earning \$50,000 and a marginal tax rate of around 31 per cent (it will vary slightly by

province).

The payments will be just under \$430 monthly to discharge the loan annually. After 10 years there will be

nearly \$92,000 in your RRSP.

However, instead of borrowing, take that \$430, contribute it monthly and also deposit the tax refund. After 10 years there would be ... guess what? Nearly \$92,000 in your RRSP!

Of course, there are many permutations and combinations from lower or higher borrowing costs and rates of return to marginal tax rate considerations.

But the bottom line is that using a projected loan payment as a monthly contribution to catch up on RRSP contributions is safer simply because you aren't taking on non-tax deductible debt. And the results are almost identical, at least in this example.

Run the numbers yourself using the Borrow for RRSP Calculator at taxtips.ca. (This is a business site and the calculator was last updated in 2010, but you can alter all the criteria.)

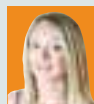
I'm sure to get mail from investors who borrowed at three per cent and got a 12 per cent return. But can those results be repeated every year?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Credit card statement

Race is on to repay holiday spending



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Still reeling from your holiday spending hangover? Brace yourself — the worst is yet to come. Inch your way toward the mailbox and retrieve your credit card statement. Look at your balance and take 10 deep breaths of fresh air.

You need a plan to clear your balance as quickly and efficiently as possible.

Start by knowing the facts. First, from today, you have approximately one week until the minimum payment on your credit card statement is due. Second, if you don't clear your balance, you'll start paying interest on your new purchases (plus the existing balance if one exists) to the tune of 19 per cent. Third, because credit card companies accrue interest charges by the day, the cost to carry credit card debt is outrageous.

Now, raise your right hand, place it over your heart and vow to go on a spending hiatus until the balance is paid off. Accruing more debt while paying off the existing will destroy your chances of becoming debt-free.



You need a plan to clear your balance as quickly and efficiently as possible. ISTOCK IMAGES

Check how much you have in your bank account and if you've got the cash, pay off your credit card.

If not, determine the full extent of your holiday spending damage. Then put your game face on, pick up the phone and start negotiating. Call your lender and ask for a lower interest rate. By presenting a competitive offer, you can persuade the lender. But, if they won't reduce the rate, transfer your business elsewhere.

Next, make more than the minimum payment, otherwise you'll barely cover the interest charges. Making minimum payments on a \$1,000 balance would cost \$1,000 in interest charges and take 115 months to pay off at 19 per cent interest (interest plus one per cent of the balance). If instead you paid a regular

amount of \$50 per month, you'd clear the balance in 25 months and pay \$200 in interest. (Check out getsmarteraboutmoney.com to see how much your credit card is costing you.)

Be resourceful and find ways to pay more. Cut out unnecessary expenses like dinners at restaurants and sell unused household items like televisions or bookshelves on Kijiji.

Because interest accrues daily on credit cards, break the interest rate cycle with more frequent payments in biweekly or weekly intervals.

If you're in way too deep, call a credit counsellor. Get excited. You have the power to rid yourself of credit card debt.

Follow Lesley on Twitter
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DON'T MISS IT

London could be end of worlds for Virtue, Moir

Figure skating. Local ice dancers say hometown event could be last world championship before retirement

A home world championship heading into an Olympic Games — it doesn't get much bigger or better than that for Tessa Virtue and Scott Moir.

But these worlds hold even greater significance for Canada's ice dance stars because they may very well be their last.

Virtue and Moir will be aiming for their third world title in March at what's essentially their home rink in London and then have talked retirement following the Sochi Olympics.

"There is a good chance," Virtue said, on London being their world finale. "I remember the Turin world championships after the Vancouver Games, we said we would probably never do a worlds after an Olympics again because it takes such a toll both physically and mentally. It's a lot of pressure and stress that goes with an Olympic Games, so it was hard to turn around and compete again."

Virtue and Moir, and Toron-



Tessa Virtue and Scott Moir share a laugh at Skate Canada's news conference to announce the first members of its world championship team on Monday in Toronto. The worlds run from March 11 to 17 at Budweiser Gardens.

CHRIS YOUNG/THE CANADIAN PRESS

to's Patrick Chan, headline the Canadian team for the world championships, announced Monday at the top of the CN Tower.

The event runs March 11 to 17 at London's Budweiser Gardens.

Virtue, from London, and

Moir, who grew up down the road in Ilderton, know that time is ticking down on a career that's stretched 16 years, and they make a point of not letting a moment go unnoticed.

"Even in day-to-day training, we always say that to each other, there's not much left," Moir said. "We laugh because it seems like it hasn't been three years since the Olympics already, it goes by so quick."

Moir, who claimed his fifth national title Sunday with Virtue in Mississauga, said the two have begun to think about the next stage of their lives.

"Which is natural when you get to be 23 (Virtue) and 25 (Moir), but at the same time, we're trying to take in every moment," Moir said.

Chan, meanwhile, will be gunning for his third consecutive world title in London. The 22-year-old can't see himself going another four years to the 2018 Olympics, but isn't counting out another world championship appearance or two.

"We'll see," he said. "Sometimes people have the urge to go and get another world title."

THE CANADIAN PRESS

NBA

Nets close in on Knicks atop Atlantic Division

Joe Johnson made the go-ahead jumper with 22 seconds left and scored 25 points, leading the Brooklyn Nets to an 88-85 win over the New York Knicks on Monday and a split of the four-game series between the city rivals.

Deron Williams added 14 points and 12 assists for the Nets, who cut the Knicks' Atlantic Division lead to one game.

Carmelo Anthony had 29 points and seven assists for the Knicks, but missed all six shots in the fourth quarter and finished 11 of 29 for the game.

THE ASSOCIATED PRESS

NBA

Kings appear to be Seattle bound

Nearly five years after their colours, banners and history were packed away into storage and their franchise relocated, the SuperSonics are one significant step closer to returning to Seattle.

And the Kings are on the edge of leaving Sacramento.

All that appears to stand in the way now is approval by NBA owners.

The Maloof family has agreed to sell the Kings to a Seattle group led by investor Chris Hansen, the league confirmed in a statement Monday morning. The deal is still pending a vote by the NBA board of governors.

THE ASSOCIATED PRESS

Quoted

"Because it could be the last 13 months of our competitive career, we've had a great run and we just want to finish it off the way we want, on our terms."

Olympic ice dance champion Scott Moir

NHL

HNIC sets ratings records in return

CBC says Hockey Night in Canada drew record numbers for the first NHL broadcast of the season Jan. 19.

The public broadcaster says the battle between the Toronto Maple Leafs and Montreal Canadiens drew a record average audience of 3.3 million viewers.

Citing ratings data from the Bureau of Broadcast Measurement, CBC said it was the most-watched regular-season Prime East game ever on the network.

And it says the Ottawa Senators and Winnipeg Jets game drew an average audience of 1.49 million viewers, breaking the record for a Saturday afternoon game.

The Vancouver Canucks and Anaheim Ducks drew nearly 1.47 million viewers.

THE CANADIAN PRESS

NHL. Bergeron displays full repertoire after regulation in Bruins' win

Patrice Bergeron showed why he's more than just an offensive forward.

Bergeron helped kill off a penalty in overtime before scoring in the shootout, leading the Boston Bruins to a 2-1 win over the Winnipeg Jets on Monday afternoon.

Tyler Seguin scored the other shootout goal and Brad Marchand had the regulation goal for the Bruins (2-0-0).

Boston was short-handed for the first two minutes, 17 seconds of overtime.

Bergeron felt like the solid penalty killing was a simply a matter of repetition.

"We've stuck to our system," he said. "I guess we've kept it simple."

Tuukka Rask made 26 saves in regulation and overtime and Blake Wheeler was the only Jet



Patrice Bergeron celebrates his shootout goal against the Jets on Monday in Boston. GETTY IMAGES

to score in the shootout. Bryan Little, the last shooter, hit the right post to end the game.

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Horoscopes

Aries

March 21 - April 20

If a friend asks you for assistance today you will do everything in your power to help them out. The more people you assist now the more they will step forward to help you later in your own moment of need.

Taurus

April 21 - May 21

You need to remind important people that you still exist. Some of them may have forgotten! Make sure they know you are available when opportunity comes knocking. If you stand in the shadows you will be invisible.

Gemini

May 22 - June 21

The world needs people who are not afraid to stand up and say things that the establishment won't like. The world needs people like you. Give your opinions freely and honestly today – and get ready for the backlash!

Cancer

June 22 - July 23

There is no point pretending that everything is fine when you know it is not. More than anything today you need to confront your inner demons – because until you have won them over you won't win over anything else.

Leo

July 24 - Aug. 23

Today's Mercury-Uranus link will help you put your feelings into words. Loved ones have been waiting for you to tell them what's going on in your heart and your head and when they do they will love you all the more.

Virgo

Aug. 24 - Sept. 23

Use your time wisely today because there is a lot you have to get through on the work front. Be creative by all means but be creative with a purpose in mind. There are only 24 hours in every day.

Libra

Sept. 24 - Oct. 23

No matter how overwhelming the odds may be you simply refuse to give up and over the next two or three day your stubbornness will pay off in a big way. Who said Libras lack staying power? They're wrong.

Scorpio

Oct. 24 - Nov. 22

Use your incisive Scorpio mind to cut through the fog of confusion and identify the two or three things that are of real importance – and ignore everything else. Life is simple when reduced to its essentials.

Sagittarius

Nov. 23 - Dec. 21

Take a few minutes out of your busy schedule to work out where you are – and don't be surprised to find you have strayed off course. Does it matter? Not really. Should you change direction again? Only if you want to.

Capricorn

Dec. 22 - Jan. 20

You are now in touching distance of a goal you set yourself a long time ago. All it needs is one final push and you will cross the finishing line ahead of your rivals. Make the effort – it will be worth it.

Aquarius

Jan. 21 - Feb. 19

Mind planet Mercury links with your ruling planet Uranus today, helping you to see things lesser mortals tend to miss. It will work to your advantage, of course, but find ways to help other people too.

Pisces

Feb. 20 - March 20

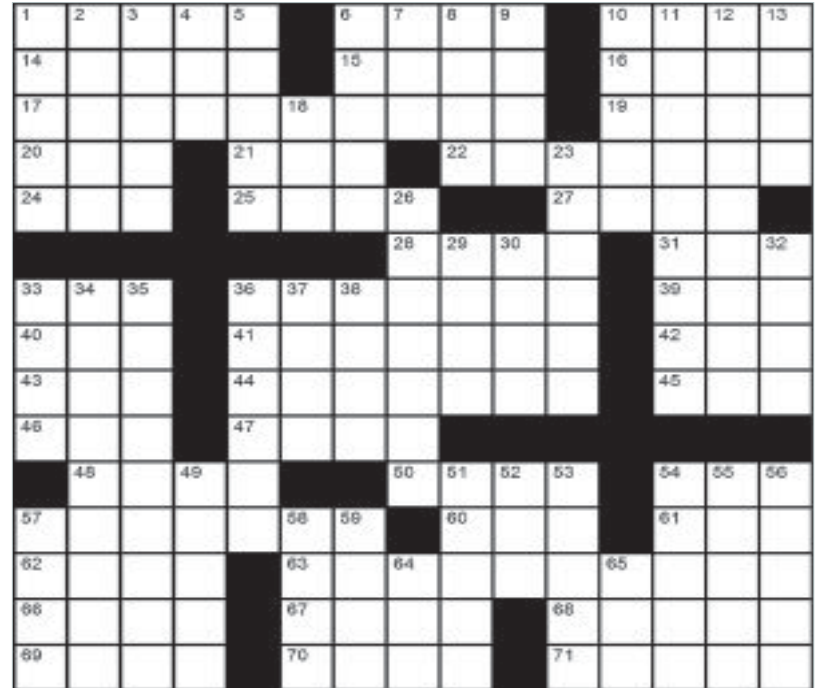
Your time would best be spent today going over old ground and making sure there are no loose ends that might trip you up later on. Remember: intuition can't reveal everything – sometimes you have to use logic as well.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Hamilton-born actress on ABC series "Castle", Stana ___
- Apple product
- CBC Radio/TV talk program, "Q with ___ Ghomeshi"
- Prefix that means 'Rainbow'
- Video ___
- Vogue's Ms. Wintour
- Canadian contractor: 2 wds.
- Nutritional suggested amts.
- Politician's positive
- "Don't Bring Me Down" gr.
- Kinda kind
- Building wing
- Bright city light
- Leave in, in proofreading
- Of a lyric poem
- Low: French
- Ohs partners
- Canadian singer Nelly
- Cigarette dangle
- Ms. Benatar
- Inclined: 3 wds.
- Winnipeg's Ms. Vardalos
- Knight's title
- Political maneuvering, with Shuffle
- "Hawaii Five-O" star, Daniel ___ Kim
- Historic time
- So
- Houston baseball player, informally
- Highlander
- Stitch
- Ready to take on the challenge: 3 wds.
- Legume
- That, in Tijuana
- ___ Morne National Park, Nfld.
- Toronto improv mecca, The ___ : 2 wds.
- Tortoise's competitor
- Romance lang.
- Canadian territory
- Director Mr. Pollack, et al.
- Roman ruler
- Ski resort's one-of-some

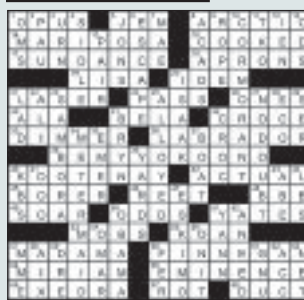


Down

- Brangelina-style name for star couple West/Kardashian
- Princess in "The Little Mermaid" (1989)
- Mayan archaeological site
- 'Fluor' suffix
- "Hallelujah" songwriter Leonard
- Domed dwelling
- Cooking spray
- Prayer-ender
- Lucy's love
- Actress, Marissa ___ Winokur
- Arcade Fire, for example: 2 wds.
- Daughter of Nicholas II of Russia
- Basketball player Steve
- Toreador's taunt
- Actor, George ___ Hill (1999)
- Julia Roberts flick, "___ Hill" (1999)
- Dashiell Hammett novel, The ___ Curse
- Comic actor Eric
- Canadian ice dancer, ___Lynn Bourne
- Church's vaulted part
- Broadway musical
- Justin Bieber's hometown

- "The X ___"
- Salt Lake City's state
- Rapini, aka Broccoli ___
- "The Bachelor" flowers
- Speedskater, ___ Anton Ohno
- 'Velvet' suffix
- Belonging to Miss Gaga
- Watch brand
- Impede, in law
- Garth's pal in movies
- Recoiler's reactions
- "Beauty ___ the eye...": 2 wds.
- Guillotine target?
- Electric ___
- ___-de-sac

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-11°/-13°

Flurries

40%

Wednesday

-9°/-10°

Variable

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